



Vol. 23 No. 4

July-August 2023



Helping Hands Outreach Bake Sale Fundraiser



Helping Hands Office

Friday July 7th 4:00-7:00 pm

Saturday July 8th 11:30-3:00

Coffee Cakes and other baked goods will be available to purchase.

We will **kindly accept** any baked goods you would like to donate for our bake sale.

We are also in need of volunteers to help out with the bake sale, and Bingo.

We appreciate any help you can give in making our fundraiser a success!

Please call our office to sign up.

Seniors we have a cool place for you to come in and get a refreshment if you want to take a break from the heat.

BINGO AT THE LEGION SATURDAY 1:00-3:00

(Holdingford Daze line up on page 2)



Senior Driver Class- This is the class for people 55+ who need to start or continue a 10% auto insurance reduction.

Instructor: Joe Christensen

Refresher Class

Holdingford July 11th 5:30-9:30

At the Holdingford Legion

St Stephen August 8th 5:30-9:30

At the St Stephen Church Hall



Initial Class

Discounted \$5 for those signing up for the Initial Class by July 1st at STSE.biz

Our Office will be Closed:

July 3rd & 4th
Independence Day

September 4th
Labor Day

Have a safe and fun Holiday!





Helping Hands Outreach is again participating in the GIVE65 Event to help older adults in Holdingford, St Stephen, and Rice.

Visit Give65 and enter **Helping Hands Outreach** in the search bar to find us.

Our Goal is to raise \$20,000 plus the \$5,000 match from Home Instead Give65.

Online donating starts at 8:00am on July 11th goes through 1:00am July 14th.

Starting now we are accepting checks mailed to or dropped off at the office with Give65 in the memo line. We will apply these donations to the match.

Every dollar is greatly appreciated!

It is only with your support that we can do what we do!

Holdingford Daze Proud to be an American



Friday July 7th

- 4pm Helping Hands Craft & Bake Sale
- 4pm-8pm Historical Society Museum Open
- 5pm-8pm Car Show - Main Street
- 7:30pm Mens Slowpitch Softball Tournament
- 8:30-11:30 Live Music/DJ at Softball Park

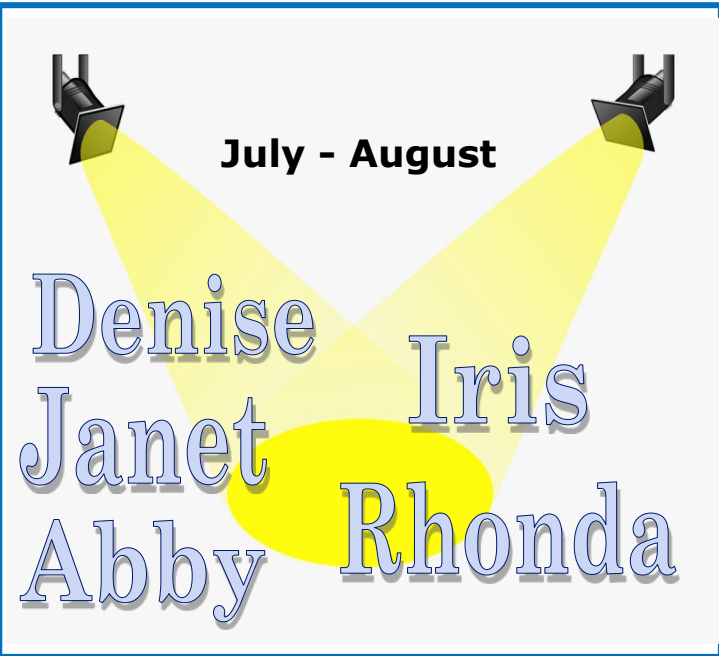
Saturday July 8th

- 8am-12pm North Star Flyers Remote Control Airplane Club
- 8am 5K Walk/Run & Kids Fun Run.
- 9am Co-Ed Volleyball Tournament
- 9am Mens Slowpitch Softball Tournament,
- 10am Tractor Blessing & Fun Run
- 12pm-6:30pm Inflatables & Kids Games
- 11:30am-3pm Helping Hands Craft & Bake Sale
- 12pm-3pm ATV/Lawnmower Tractor Pull
- 12pm-3pm Petting Zoo
- 12pm-4pm Historical Society Museum Open
- 1pm Bean Bag Toss Tournament
- 1pm-3pm Bingo at the Legion (Helping Hands)
- 2:30pm Kids Pedal Tractor Pull (Main Street)
- 4pm Outdoor Mass @ All Saints - St. Hedwigs
- 7pm Grande Parade
- 9-12:30 Street Dance "Hat Trick"
- Dusk Fireworks

Our Spotlights of the Month!!

Check out our office window to see the questions and answers that our spotlights were asked!!

Each month we will be spotlighting Helping Hands Outreach members in our newsletter as well as the window in our office! Spotlighthed members will be given a fun questionnaire to fill out. A couple answers will be posted in the window along with your picture. The questionnaires will be kept in a scrapbook at office. We are excited to highlight all the wonderful people involved with Helping Hands Outreach!



July - August

Denise
 Iris
 Janet
 Abby
 Rhonda

Upcoming Events

Weekly Meals Served at Noon

Holdingsford- Tuesdays at City Hall
followed by social hour and/or 500.

St Stephen- Wednesdays followed by 500.
July-September at Trobec's
October-December at The Rusty Nail

Weekly Meals suggested donation \$6

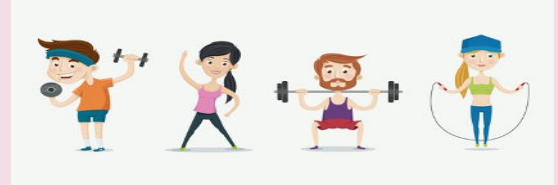
Exercise Classes

Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am

Rice Lion's Building

Tuesdays 12:30-1:30 pm



Monthly Lunch & Learns

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

St. Stephen - 3rd Thursday
St Stephen Church Hall

Holdingsford - 4th Thursday
Holdingsford American Legion

Monthly Lunch & Learns
Suggested Donation \$5

NO MEALS IN JULY

Upcoming Speakers

August – Nick Johnston from NAMI

Feet First Clinic

Holdingsford City Hall

1st Tuesday of the month starting
9:00 am—Noon

St. Stephen Church Hall

3rd Thursday of even months
11:00 am—Noon

**Call Helping Hands for an
Appointment 320-746-9960**

Upsala Community Center

2nd Monday of odd months
9:00 am—Noon

**Call Al at 320-573-4435 for
appointment in Upsala**



Love to Play Games? Come Join us

Game Day at the Helping Hand's Office Wednesday
9:30-11:00

Coffee pot is on.

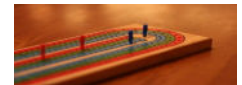
No experience required. Training provided!



Cribbage

Wednesdays 1:00– 3:00

Rice Lion's Building



If you or anyone you know is parting with medical equipment, let them know that Helping Hands Outreach will take it off their hands! We are currently looking for these items.



- In & Out Bath Benches
- Knee Scooters
- Grabbers
- Beside Commode



Assorted Equipment Helping Hands has to loan out.

- Walkers
- Transfer belts
- Crutches
- Canes
- Boot/ankle/wrist supports
- Wheelchairs
- Bath bench
- Knee scooter
- Dressing aides
- Raised toilet seats



We have an assortment of incontinent briefs and pads in a variety of sizes.

If you or someone you know is in need of them, please stop in or give us a call.



Volunteer Opportunities

- **We are looking for volunteers to deliver Tuesday Meals. If you are interested in delivering 4-7 meals on Tuesdays in and around Holdingford.**
- Lunch & Learn— Looking for a Cook or Cooks to help plan and prepare our monthly meals in St. Stephen and Holdingford. We buy the supplies.
- Always looking for volunteer drivers in Holdingford and St. Stephen.
- We are looking for a volunteer to pick up our newsletter from Sauk Centre every other month, usually the last Monday by noon.

Call us at 746-9960 for more information!



HEALTH AND WELLNESS TIPS

In our last newsletter we talked about blood pressure and how high blood pressure is common among older adults. Keeping your blood pressure at normal levels is important for numerous reasons. There were some factors listed in the last article that are known to affect blood pressure. These included age, gender, genetics, and race. In our last edition, there were also tips to mind your blood pressure which included maintaining a healthy weight, consuming less salt, managing stress, and exercising. High blood pressure can be a silent problem and it can have numerous effects on a person. If you are concerned about your blood pressure, consult your primary physician.



Take Charge Tip

Stick to the "cardinal rule"! It says adults should drink 6-8 glasses of water per day!

With the warmer months in full effect here in Minnesota, are you staying hydrated? In the warmer weather, your body needs more fluids in order to stay hydrated. There are numerous benefits to drinking water. One of these benefits is that water prevents dehydration. Dehydration can cause you to think unclearly, your body to overheat, and it can lead to kidney stones. Another benefit of drinking water is that it helps in managing your body weight. Sugary drinks such as pop or sweet tea can be substituted with water which in turn helps manage weight. Drinking water also helps in keeping joints flexible. Water helps to create a thin layer of fluid that cushions and delivers nutrients to the joints. Water also helps to prevent infections. Staying hydrated helps the body fight infections by getting rid of toxins and other bacteria that may cause illness. There are so many benefits to drinking water. With Minnesota getting into their warmest months of the year, let's all stay hydrated! Below are 6 tips to drinking more water!

6 Tips to Drink More Water:

1. Set a daily goal and set reminders
2. Carry a water bottle with you and refill it throughout the day
3. Drink water instead of sugary drinks such as pop or tea
4. When eating out, choose to drink water. This saves you money and it reduces calories
5. Eat more foods high in water such as watermelon, lettuce, cantaloupe, and zucchini
6. Every time you see a water fountain, take a drink

Did you know?

Drinking water helps regulate body temperature, keeps joints lubricated, prevents infections, and keeps organs functioning properly.

Source: Harvard School of Public Health

Wish list:

Bingo Prizes

- Large print Word Find & Sudoku books
- Cleaning Products
- Paper Products
- Shampoo & Conditioner
- Dollar Tree Items



For the Office

- Good Fiction Books for our growing library
- 300 & 500 piece Puzzles
- Printing Paper

Helping Hands Outreach is looking to contract with a Handyman on an on call basis. Our office has a general maintenance needs.



Please give us a call for more information.



Drop off your Teals Market receipts!

We continue to accept and benefit from your Teals Market receipts. In 2023 we have received **\$789.61**

In total we have received \$6,191.39.

Please save them and drop them off at our office.

Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.

Office Hours
Monday—Thursday
8 am—4 pm
Friday 8 am—2 pm

Helping Hands Outreach Board Members:

- Peter Omann—Chair
- Joe Christensen—Vice Chair
- Lenore Dawson—Secretary
- Mary Stalberger—Treasurer
- Mark Doran
- Rod Harren
- Roger Justin
- Carlena Johnson
- Sue Marstein
- Maurice Meyer
- Judy Boulton
- Dorine Rausch

Board Meetings 7:00 pm last Wednesday of the month.
 No Board Meeting July & December.

Staff:

- Denise Leahy
Executive Director-Rice Coordinator
- Rhonda Zimmerman
Client Support/Caregiver Coordinator
- Janet Schneider
Client Support/Health & Wellness Coordinator
- Abby Tensen
Program & Service Coordinator
- Iris Smoley Housekeeping

Donations in Honor of:

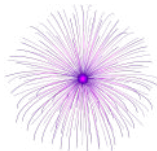


Pat & Iris Smoley in memory of Dennis D. Smoley
 Bob & Nancy Kleve in memory of Jody Kleve
 Greg & Karen Knight in memory of Donna Warzecha
 Dianne Blonigen in memory of Jerome Supan
 Joe & JoAnne Christensen in memory of Rita Solarz
 Schillview Holsteins-Karen & Charles Schiller in memory of Michael Schiller
 Larry Klimmek in memory of Reuben & Clara Klimmek
 Allan Warzecha and family in memory of Lorraine Symalla



Donations:

Rosie Zimmerman
 Bowlus American Legion
 Alice Skwira
 Lois Angulski
 Lorraine Traut
 Hasso Briese AM Legion
 Liz & Rod Haberman
 Jean Knese
 Linus & Marilyn Yurczyk
 St. Joseph Women of Today
 David & Laurie Walker
 Cherie Ablan
 Jan Klug
 Helen Heisick
 Laurie Walker



Monthly Supporters:

Joe & Sue Katzner
 Larry Omann
 Lloyd & Dorine Rausch
 Ron & Irene Schmidt
 John & Lisa Schmidt
 Kathy Schueler
 Ben & Holly Torrens
 Don Stock
 Joanne Christensen
 Vance Koller
 Daniel Hovanas
 Patrick Schlangen



In Kind Donations:

Lloyd & Dorine Rausch
 Sue Ressemann
 Emily Rudnicki
 Doreen Czech
 Michael Trettel
 Jan Klug
 Nancy Kantor
 Rosemary Anderson
 Warren & Bernice Eiden

Special Thank You to the Elmdale Creamery for their donation of butter for our coffee cakes.

Ways to support Helping Hands

- *Teals Receipts * in-kind donations * volunteer your time*
- *cash donations*
- * dropped off at the office or mailed to PO Box 293 Holdingford*
- * through our website www.holdingfordhelpinghands.org*
- * automatic recurring payment through your bank's bill pay service*
- *Designate Helping Hands from your Thrivent Financial account*
- *IRA Qualified Charitable Distribution*

**Our Apologies if we fail to print your name in our Donor lists.
 Please give us a call so that we can correct it in our next newsletter.**

Helping Hands Outreach
PO Box 293
Holdingsford, MN 56340-0293

Non-Profit Org.
U.S. Postage
Paid
Permit No. 884
Waite Park, MN

ELECTRONIC SERVICE REQUESTED

Helping Hands Outreach

Our Vision-To create a community of support where older adults and their family caregivers feel valued and cared for while knowing the joy of aging in place, in a community where their needs are addressed, hopes encouraged, contribution recognized and lives celebrated.



WE HAUL FOR YOU

PROFESSIONAL MOVERS FOR YOUR HOME OR BUSINESS

- Product delivery, discard and debris removal
- We strive to exceed your expectations

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BBB MEMBER

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We appreciate the support that we receive from the following foundations and agencies

